

## **Historic, Archive Document**

Do not assume content reflects current scientific knowledge, policies, or practices.









July 1974  
#116

# GUIA PARA COMER MEJOR A DAILY GUIDE FOR GOOD NUTRITION

## GRUPO DE LA LECHE

3 O MAS TAZAS DE LECHE -  
NIÑOS, MUJERES EMBARAZADAS.

4 O MAS TAZAS -  
JOVENES, MUJERES AMAMANTANDO.

2 O MAS TAZAS - ADULTOS.

## MILK GROUP

3 OR MORE CUPS OF MILK -  
CHILDREN, PREGNANT WOMEN.

4 OR MORE CUPS - TEENAGERS,  
NURSING MOTHERS.

2 OR MORE CUPS - ADULTS.



leche  
whole milk



leche evaporada  
evaporated milk



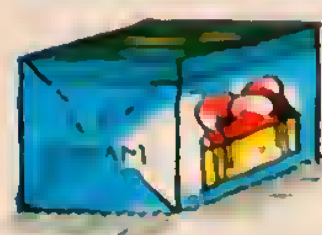
chocolate  
hot chocolate



queso  
cheese



leche en polvo  
dry milk



nieve  
ice cream



requesón  
cottage cheese

## GRUPO DE CARNES

2 O MAS PORCIONES

## MEAT GROUP

2 OR MORE SERVINGS



carne molida  
ground beef



mantequilla de  
cacahuete  
peanut butter



higado  
liver



sesos - tripa  
beef brains - tripe



huevos  
eggs



sardinas atún  
sardines tuna



chili con carne  
chili



pollo  
chicken



insoles  
pinto beans



pescado  
fish



costillas de puerco  
pork chops



chorizo  
sausage

## GRUPO DE VEGETALES Y FRUTAS

4 O MAS PORCIONES

## VEGETABLE - FRUIT GROUP

4 OR MORE SERVINGS



repollo  
cabbage



tomates  
tomatoes



jugos de frutas  
y vegetales  
fruit & vegetable  
juice



zanahorias  
carrots



maíz  
corn



chiles  
peppers



calabacita  
calabaza  
squash



frutas cítricas  
citrus fruit



plátanos  
bananas



manzanas  
apples



chicharos  
peas



uvas  
grapes



aguacates  
avocados



fresas  
strawberries



apio  
celery

## GRUPO DE LAS TORTILLAS Y CEREALES

4 O MAS PORCIONES

## BREAD AND CEREALS GROUP

4 OR MORE SERVINGS



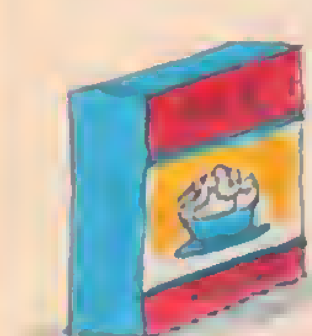
harina  
flour



galletas  
crackers



masa harina  
masa



arroz  
rice



avena  
oatmeal



cereal preparado  
prepared cereal



pan  
bread



harina de maíz  
cornmeal



harina de maíz  
cornmeal



tortillas  
tortillas



